

TIP OF THE

June 4, 2004

SWORD

Incirlik Air Base, Turkey



Storm seekers

Weather flight peers into future

TIP OF THE SWORD

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Photo by Airman Basic Bradley Lail

Staff Sgt. Robert Duncan, 39th Communications Squadron graphics NCO in charge, checks over his bike before he takes a ride. Bike theft is an ongoing problem at Incirlik. See related article, Page 3.

NEWS

Lock it up: Bike thieves swipe sole transportation 3

Part II: Force Shaping returns, offers more options, waivers for military members 4

Critical time: Preventing incidents, playing it safe during 101 Critical Days of Summer 5

News notes: Runway closure, track renovations, mosquito control 5

New fees: Callers to cell phones now responsible for fees 5



Photo by Senior Airman James Seymore III

Turkish SAT contractors demolish a former Operation Northern Watch billeting building as part of a Combat Proud beautification project. See related photos, Page 3.

FEATURE

One strike: Lightning presents deadly danger 6

SPORTS

Training day: Fitness center staff offer tips for equipment use 7

EDITORIAL

Commander's Comments: Exercise success, promotions, shoplifters 8

Kudos: Group commander impressed by base people 8

ASK MEHMET

Gum with a kick: Spicy gum known as "Turkish Viagra" 9

COMMUNITY

The Incirlik Guide 10

Combat and Special Interest Programs 10

Your Turn: People offer advice for safety during 101 Days of Summer 11

Crossword puzzle 11

At the Movies: Times, ratings and brief descriptions 12

Extreme Summer: It's easy to gather points with base activities 12

On the cover:

Staff Sgt. Wesley Brogan, 39th Operations Squadron weather forecaster, takes a reading with a wind gauge. The United States celebrates its fourth annual Lightning Safety Awareness Week June 20 through 26. The weather flight offers precautionary measures that can help protect the base community and property. (Photo by Senior Airman James Seymore III) See related article, Page 6.

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Demolition derby



Photos by Senior Airman James Seymore III

(Left) Sahin Korkmaz, SAT contractor, cuts a screw out while removing a piece of a roof. **(Top)** Murat Dogan, SAT contractor, demolishes a concrete wall. Both contractors are demolishing 12 buildings near Hodja Inn formerly used as Operation Northern Watch billeting. The buildings were condemned due to fire hazards. Once the buildings are demolished, the land will be landscaped as part of a Combat Proud initiative.

Crime wave

SF offers tips for bike theft prevention

By Tech. Sgt. Melissa Phillips
39th Air Base Wing Public Affairs

Since January nearly 20 bikes were stolen, and most of them were locked up just outside the owner's home.

"The majority of the victims report that they saw it one day and came back, and it was gone," said Senior Airman Ashley Peterson, 39th Security Forces Squadron reports and analysis technician.

Most of the victims claim the bike was secured, but that's hard for security forces to prove because typically the criminals take the locks as well, according to Airman 1st Class Bo Gray, 39 SFS Law Enforcement Desk desk sergeant.

Bike reporting procedures

If your bike is stolen, it's important to report the theft right away to the LE desk at 6-3200 or visit them in Building 558.

The LE desk will come out and investigate the scene for any clues and, if necessary, report the incident to the Jandarma.

For the most part, security forces personnel are hard pressed to find any trace of stolen bikes.

Beyanname pitfalls

This can be troublesome for a few Incirlik residents if their bike is listed on their beyanname.

The Under Secretary for Customs issued Circular 2002, which reduced the list of 30 plus Beyanname items to 10. Therefore, people who arrived after June 16, 2002 no longer have bikes listed on their Beyanname.

However, for those who do, clearing a stolen bike from beyanname

is often tricky. Customs and the legal office help members prepare forms to request the item to be deleted from their beyanname.

Turkish customs laws require a signed form from the Adana sub-governor's office or the Adana public prosecutor's office before the bike can be cleared. However, without proof of a crime (broken bike lock or signs of forced entry into a residence where the bike was stored), Jandarma often refuses to complete an incident report. Without an incident report, the two offices won't sign the paperwork. Consequently, Turkish customs can impose a fine up to 400 percent of the Turkish value of the item.

Theft prevention

To avoid the headache of bike theft, SFS suggests a few techniques to make yourself less of a target.

- ♦ Don't use chain locks because they're easy to cut through. Instead purchase a heavy metal U-shaped lock.
- ♦ Use more than one type of bike lock and, if you use chain locks, wrap it around your bike more than once to secure it.
- ♦ Take your bike seat off and take it to your room. Many new bikes have a lever that release the bike seat. This way your bike is a less attractive target than one with a seat still attached.
- ♦ Secure the lock through the center of the bike versus the front or back wheel. Otherwise, some thieves just leave the wheel and remove the bike frame.
- ♦ People in base housing can install bike hooks onto the sidewall and lock the bike. It makes it harder to steal the bike quickly.

For more information about removing an item from beyanname, call customs at 6-6180.

Force Shaping

Second phase begins, new initiatives expand opportunities

WASHINGTON — As personnel officials review the last remaining applications for retirement or separation under the force-shaping program, a more extensive second phase of the plan has begun.

The new initiatives include expanded waivers for a number of programs including active-duty service commitments and transferring to the Guard or Reserve through the Palace Chase program. It also includes a few new ones, most notably the return of the career job reservation program. The CJR program limits re-enlistments into the career force by constraining Air Force specialties for some first-term Airmen, officials said.

In addition, Phase II requires commanders to consider a number of quality-force factors when considering Airmen for retention. Those include correctional custody, referral reports, unfavorable information files, Article 15 action, control roster restrictions, confinement, alcohol- or drug-related offenses and financial irresponsibility or mismanagement.

Phase II widens the aperture on the Phase I initiatives, which netted almost 2,500 Airmen approved for retirement, separation or Palace Chase, said Maj. Gen. John Spiegel, director of personnel policy at the Pentagon.

“Phase II is the next step in our force-shaping program to move us closer to the authorized end strength of 359,700 while rebalancing the skills,” he said.

“Phase I put us on a glide slope to reduce the size of the force without (worsening) manning shortages in the specialties,” said Maj. Dawn Keasley, chief of retirement and separation policy at the Pentagon. “Phase II increases that momentum.”

The initial goal of force shaping was to have 16,600 Airmen leave the Air Force. Those numbers are projected to increase to almost 19,000 by Sept. 30, and to 24,000 by Sept. 30, 2005, because of record retention rates.

“Incredibly high retention and a slow recovering economy are the primary factors in the increase of personnel overages,” said Col. Mike Hayden, chief of the military policy division at the Pentagon. “Retention rates in the Air Force are at their highest in a decade.”

General Spiegel said Phase I of the program met its objective.

“Phase I did exactly what it was supposed to do,” the general said. “It allowed us to assess the level of interest and recalibrate for Phase II. Our goal is to do this drawdown as smartly while rebalancing the force and improving manning in stressed career fields.”

Phase II of the program is designed to do just that. For example, Phase I required individuals to have a minimum of 24 months on active duty before applying to Palace Chase. Phase II dropped the minimum requirement to 12 months. This modification expands the opportunity to another part of the population that might be interested in serving in the Air National Guard or Air Force Reserve, Major Keasley said.

Further, the active-duty service commitment following a permanent change of station in Phase I could be waived up to 18 months. Phase II allows for a full waiver of the commitment, officials said.

Those colonels and lieutenant colonels who would like to retire but who do not have the three-years time in grade previously required to do so are also in luck, officials said. Phase II reduces the minimum mandatory time in grade to two years for a limited number of eligible people.

The CJR program has returned for the first time since 1999. It serves

Force Shaping Phase II - key points

- ◆ Phase I required individuals to have a minimum of 24 months on active duty before applying for Palace Chase. Phase II drops the minimum requirement to 12 months.
- ◆ Phase II allows for a full waiver of active-duty service commitment following a permanent change of station.
- ◆ Phase II reduces the minimum mandatory time in grade to two years for a limited number of eligible people.
- ◆ Phase II applications are considered based on the manning health of the member's specialty by both the year group and the grade (for officers) or skill level (for enlisted).
- ◆ Phase II reintroduces the career job reservation program, which limits re-enlistments into the career force by constraining Air Force specialties for some first-term Airmen.
- ◆ Phase II requires commanders to consider a number of quality-force factors when considering Airmen for retention.
- ◆ As part of Phase II, enlisted accessions will drop by about 11,000 to reach authorized end-strength levels by the end of fiscal 2005.

a two-fold purpose, Colonel Hayden said, helping draw down the force and balance career field numbers at the same time.

“Now is a good time to use this tool again,” Colonel Hayden said. “Airmen in overage career fields, coming up on their first re-enlistment, are offered an opportunity to retrain into a shortage career field. If they choose not to retrain, they have the opportunity to transfer to Palace Chase, apply for civil service, join the Army or separate.”

“In Phase II, we have more flexibility in managing each (career field) by year group than we had in Phase I,” General Spiegel said. “We will consider applications according to the manning health of the member's specialty by both the year group and the grade (for officers) or skill level (for enlisted).”

Because of this change, a greater percentage of applications will be approved in Phase II, officials said.

Additionally, as part of Phase II, enlisted accessions will drop by about 11,000 to reach authorized end-strength levels by the end of fiscal 2005. Thus, about 24,000 new recruits will join the Air Force rather than 35,000 as originally planned, officials said.

“This accession cut would occur for one year only,” said Maj. Gen. Peter Sutton, director of learning and force development at the Pentagon. “Then we will resume normal accession rates.”

For more information, call Master Sgt. Roberta Williams, 39th Air Base Wing career assistance adviser, at 6-1019 or Staff Sgt. Craig Brodber, 39th Mission Support Squadron separations and retirements NCO in charge, at 6-3126.

'Play it Safe' this summer

As temperatures heat up and Airmen spend more time doing outdoor activities, the 101 Critical Days of Summer campaign — themed "Play it Safe" — is an important program to keep in mind.

The 101 days of summer, which began Memorial Day and ends Labor Day, are a time of increased risk for mishaps, according to Master Sgt. Paul Thompson, 39th Air Base Wing ground safety manager.

"More mishaps occur in these three short months than during the rest of the year," he said. "For this reason the Air Force recognizes this time as the 101 Critical Days of Summer."

The No. 1 cause of serious injuries and fatalities to Air Force people during the summer is motor vehicle mishaps.

"Many factors are involved in these mishaps, such as driving when fatigued or under the influence of alcohol or drugs, speeding, not using safety belts and failing to recognize and react to road hazards," Sergeant Thompson said. "People head away from base for recreation and vacations without proper planning and preparation. They often travel on unfamiliar roads and drive too fast. People should plan stopping points and take the time to prepare their vehicles for the trip."

The vast majority of minor injuries occur off-duty when Airmen are enjoying various sports and recreational activities, Sergeant Thompson said. At Incirlik, the same holds true. During the 2003 "101 Critical Days of Summer" campaign, there were 17 on-duty mishaps and 58 off-duty mishaps.

"Incirlik's goal this year is to reduce its mishaps during the summer months by 50 percent from last year's total," Sergeant Thompson said. "In order to do this, we need your help."

People should apply the same risk management techniques they use on duty to their off-duty activities.

"Whether it's sports, taking a trip or working around the house, you can avoid a possible mishap by planning ahead and thinking



Photo by Senior Airman Michelle Miranda
Staff Sgt. Judsen La Benne, 728th Air Mobility Squadron, ensures the safety of his 2-year-old son Joseph by buckling him in his car seat.

about the activity before you do it," Sergeant Thompson said.

Also, if people see someone doing something unsafe, such as not wearing a secured bicycle helmet or jogging on the road while wearing headphones, they should let them know.

"Maybe you can help someone else from becoming a summer statistic," Sergeant Thompson said.

People will receive articles and e-mails from their unit safety representatives, and TV commercials will air during the 101 days.

"I hope you take the time to read or watch them," Sergeant Thompson said. "We hope you have a wonderful summer and that you 'Play it Safe.'"

For more information, call the safety office at 6-7233. (Courtesy of the 39th Air Base Wing Safety Office)



IN
BRIEF

Runway closure

The runway closes July 19 to 29. Incoming and outgoing Incirlik flights are cancelled during this time. For more information, call 6-8511.

Track renovations

The school track and football field is closed for renovations until further notice. For more information, call 6-3750 or 6-3043.

Mosquito fogging

The 39th Civil Engineer Squadron starts mosquito fogging Monday at sunset and will continue throughout the summer. People shouldn't walk, run or ride behind the chemical fog or mist vehicles. Sprayings are Monday, Wednesday and Friday evenings starting at sunset in main base and housing areas. Incirlik Village is sprayed Tuesdays and Thursdays. For more information, call 6-6846.

Debit scam

Fraudulent telemarketers are accessing checking accounts and stealing money. In this scam, a consumer receives a postcard or phone call informing of a "free prize" or major credit card eligibility. When the consumer responds, the telemarketer asks for a checking account number for "verification" or "computer purposes" or authorization to withdraw a "nominal fee." Once the telemarketer has the account number, a demand draft is filed and money is withdrawn. Consumers should exercise caution in providing account information. For more information on consumer protection, go to <http://www.ftc.gov/bcp/conline/pubs/tmarkg/debit.htm>.

TRICARE fact sheets

The spring and summer 2004 TRICARE Europe fact sheets are available. To view, go to www.europe.tricare.osd.mil/main/pao/factsheet.asp.

CE service

The 39th Civil Engineer Squadron now has an online brochure to better serve customers. To view the brochure, go to http://source/Combat_Programs/proud/CE%20brouchre.jpg or call Master Sgt. Glen Pavaglio, 39th CES Quality Assurance Flight superintendent, at 6-1389.

New cell phone charges

The 39th Comptroller Flight is billing residential customers for calls from their quarters to private Turkish cell phones. The cost is 720,000 Turkish lira per minute. Prior to this time, software limitations prevented the base from recouping these charges. Itemized calls will appear on monthly phone bills. Customers will also be billed each time a call is forwarded from a home phone to a cell phone. For more information about phone rates and forwarding features, go to the residential telephone customer page on the Source. For questions about phone bills, call 6-COMM.

Majestic beauty presents lethal, deadly threat

By Staff Sgt. Jared Ey
39th Operations Squadron

Lightning kills more people than hurricanes and tornadoes combined. In recognition of this threat, the United States celebrates the fourth annual Lightning Safety Awareness Week June 20 through 26.

However, as the No. 2 storm-related killer in the United States with more than 25 million cloud-to-ground lightning flashes resulting in nearly 100 deaths and an additional 500 injuries each year, there are precautions that can help protect people and property.

"The biggest weather threats for the Incirlik area are thunderstorms and high winds," said Senior Airman Ailese Davis-Colon, 39th Operations Squadron Weather Flight technician. "Associated with thunderstorms, driving rain limits visibility and hail may cause property damage, but the biggest danger is lightning."

Thunderstorms may be awe inspiring to some as lightning, its majestic beauty, lights up the sky and announces thunder. But every flash of cloud-to-ground lightning can be a killer if someone is standing in the path of a flash or its invisible energy as it travels along and through the ground. Lightning can strike as far away as 10 miles from the rain area of a thunderstorm, about the distance you can hear thunder. It may be hard to gauge the distance, but if you hear thunder, you are within striking distance and should seek shelter immediately.

"Our goal is to help provide as much advance notice to the Incirlik community as possible," said Master Sgt. Jairam Singh, 39th OS Weather Flight weather operations chief. "As soon as our team of forecasters identifies a possible weather-related threat we notify U.S. military members, families, civilians, Department of Defense Dependent Schools staff and contractors throughout the 3,323 acres Incirlik encompasses. Once notified, it is up to various agencies to take the proper precautions necessary."

Depending on your location, whether indoors or outdoors, there are several ways to protect yourself. Also, if someone is struck by lightning, there are several steps that can help save their life.

Most lightening deaths and injuries in the United States occur during the summer months, as both lightning potential and participation in outdoor activities reach their peak. People involved in activities like

30 - 30 rule

If visibility is good and there is nothing obstructing the view of a thunderstorm, the 30-30 rule can be used. When you see lightning, count the seconds until you hear thunder. If it is 30 seconds or less, the thunderstorm is within 6 miles. However, lightning can strike up to 10 miles away from the rain area of a thunderstorm.

After a thunderstorm, wait at least 30 minutes after the last clap of thunder before returning outdoors. Sunshine and blue skies are deceptive, lightning is still possible within that time frame.



Courtesy photo

Cloud-to-ground lightning produced by a thunderstorm.

boating, swimming, fishing, bicycling, golfing, jogging, walking, hiking, camping or working outside need to take the appropriate actions in a timely manner. Outside is the single most dangerous place to be during a lightning storm, try to get indoors. If there is no shelter crouch, but do not lay down, in the open. Avoid elevated areas and try to get to the lowest point possible, keeping twice as far away from a tree as it is tall. Avoid crowds, water and metal. Water and metal are electricity conductors.

Although staying indoors is safer, there are still activities that could increase the risk of a being struck by lightning. Avoid unsafe shelters and remember your pets. Dog houses do not provide lightning protection. In particular, people should stay away from windows and doors. Avoid anything that conducts electricity and pre-plan to help protect any electronic equipment. Phone use is the leading cause of indoor lightning injuries in the United States. Avoid contact with corded phones, electrical equipment and cords, and plumbing. Stay away from concrete walls and floors, they may contain metal reinforcing bars or wire mesh.

If lightning strikes someone, cardiac arrest and irregularities, burns and nerve damage are common. Immediate medical care may be needed to save the person's life. If on base, call 911. If off base, call 112. People struck by lightning carry no electrical charge that can shock other people, and can be examined without risk. If the victim has stopped breathing, begin rescue breathing*. If the heart has stopped beating, a trained person should give cardiopulmonary resuscitation. If the person has a pulse and is breathing, address other injuries. Check for burns in two places, where the person was struck and where the electricity left their body. With proper treatment, which may include CPR, victims may survive a lightning strike, but the long-term effects can be devastating.

For more information, call the weather flight at 6-6878 or visit the National Oceanic and Atmospheric Administration Web site at <http://www.lightningsafety.noaa.gov>. To learn CPR, call the Red Cross at 6-6639. (Information in this article contributed from the National Oceanic and Atmospheric Administration Web site at <http://www.noaa.gov>)

* Editor's Note: Rescue breathing is performed on a patient who is not breathing. Follow the steps of cardiopulmonary resuscitation, CPR: open the airway, check for breathing and for circulation. If the patient is not breathing, breathe for him or her. If the patient has a pulse, do not perform chest compressions. Rescue breathing is performed by putting your mouth over the victim's mouth and pinching his or her nose and then breathing into the mouth. Perform one breath every five seconds for an adult and one breath every three seconds for a child. Continue to perform rescue breathing for a full minute and then re-evaluate the patient's condition and re-check breathing and pulse to determine whether continued rescue breathing is necessary or, if there is an absence of pulse, begin CPR.



Photo by Senior Airman Michelle Miranda

Flex plan

Senior Airman Antonio Torres, fitness center front desk operations, explains proper equipment use to Nur Mahoney. Fitness center staff members are available to offer fitness advice and help with machine usage. People can also schedule an appointment with a certified personal trainer. For more information, call 6-6086.



June 17. The free program encourages interaction and team work through basketball. For more information, call Bo Benton, youth center recreation specialist, at 6-6670.

Lap swim — Early morning lap swim is Mondays through Fridays from 6 to 7 a.m. at the base pool. For more information, call 6-6044.

Bike maintenance — Outdoor recreation offers bicycle maintenance and repair from basic tune-up to parts replacement. For more information, call 6-6044.

Skeet and trap shooting — Outdoor recreation offers skeet and trap shooting Tuesdays through Fridays by appointment. Open shooting begins Saturdays at 9 a.m. Cost is \$10, and includes shells and clays. For more information, call 6-6044.

Belly dancing — People can learn belly dancing Tuesdays and Thursdays from 5:30 to 6:30 p.m. For more information, call 6-6966.

Combat Hapkido — The fitness center sponsors Combat Hapkido Mondays and Wednesdays at 7:45 p.m. and Fridays at 6:30 p.m. For more information, call 6-6086.

Scuba course — Outdoor recreation offers a scuba course, which includes training and Professional Association of Diving Instructors certification. Water training is provided in an

indoor pool, plus four open water dives in Kizkalesi. Cost is \$250. For more information, call Yasar Karalar, scuba instructor, at 6-6044 or e-mail incirlikdiving@yahoo.com.

Trotters and Striders Club — Keep a fitness center record of the miles walked or ran and qualify to win prizes. For more information, call 6-6086.

Softball season — Intramural softball games are at Arkadas Park's Field No. 1 Mondays through Thursdays at 6:30, 7:30 and 8:30 p.m. For more information, call 6-6086.

Massage therapy — The fitness center has two licensed massage therapists on staff. People can schedule an appointment Mondays through Sundays between 10 a.m. and 8 p.m. For more information, call 6-6086.

Extreme Summer points — People can earn Extreme Summer points by submitting a FitPoints report. The report is at the FitLinxx Web site at www.incirlik.fitlinxx.com under "Workouts." For more information, call the fitness center at 6-6086.

Father's Day special — Dads can bowl for free all day June 20. For more information, call the Magic Carpet Bowling Center at 6-6789.

Extreme Summer Cosmic bowling — The Magic Carpet Bowling Center hosts a cosmic bowling tournament June 18. For more information, call 6-6789.

Volleyball championships — The intramural base volleyball championships start Monday at 6:30 p.m. at the fitness center. For more information, call the fitness center at 6-6086.

Water aerobics — Water aerobics classes are offered Mondays, Wednesdays and Fridays from 6 to 7 p.m. Start date depends on interest. Cost is \$30 per month. For more information, call 6-6044.

Free golf instructions — The golf course offers people five minutes of free golf instructions from a professional. For more information, call 6-8995.

Swim stroke clinic — The base pool offers a swim stroke clinic Monday through June 11 from 6 to 7 p.m. The cost is \$15. To register, sign-up at the youth center. For more information, call 6-6670.

Night Hoops — Teenagers can sign up for Night Hoops at the youth center through

COMMANDER'S COMMENTS



By Col. Michael Gardiner, 39th Air Base Wing commander

We successfully made it through another exercise. Successful not because we did everything right, but because every time we exercise we are better prepared for real-world events. Exercises are meant to be stressful and to simulate the “fog of war.”

I know people will make mistakes and highlight deficiencies in their work areas or overall base practices – and that’s OK. Mistakes happen — it’s how we react to correct mistakes and learn from them that really matters.

I challenge each of you to take a look at all findings inspectors identify in this exercise and fix them. That’s what makes our wing stronger: seeing and fixing errors before they turn into major problems and turning those glitches into opportunities to improve our readiness and our war fighting skills.

Officer promotions

Promoted to colonel: **Paul Cardon**, 39th Medical Squadron

Promoted to major: **Karyn Young-Carignan**, 39th MDS, and **Peter Nigro Jr.**, 39th Logistics Readiness Squadron

Promoted to captain: **Christopher Jenson**, 39th Contracting Squadron, and **Antonio Nester**, 39th Comptroller Flight

First impressions

Incirlik Airmen inspire, impress leadership

By Col. David Wilmot

39th Mission Support Group

I want to take this opportunity to share with you some of my first experiences and impressions of Team Incirlik. When I took command March 12, I quickly discovered it is not difficult to find inspiration and great leadership in the wing; all you have to do is look at your own organization.

My first day on the job, I went to the security forces squadron to introduce myself and see how things were going. I knew they were on 12-hour shifts and had Airmen working around the clock defending the base and patrolling the flightline, but their professionalism was apparent. I met 1st Lt. Chad Harris, acting operations officer, who, although he couldn’t be more than 25, was the second in charge of one of the largest squadrons in the wing.

He took me to the flightline where his

See **Impressions**, Page 9

Enlisted promotions:

Promoted to master sergeant: **Aretha Barnes**, 39th Security Forces Squadron; **Michael Brown**, 39th Operations Squadron; and **Mia Releford**, 39th Air Base Wing

Promoted to staff sergeant: **Lucas Campbell**, 39th OS; **Raemon Kimbrell**, 39th Maintenance Squadron; **April Laguana**, 39th Logistics Readiness Squadron; **Gina Moten**, 728th Air Mobility Squadron; **Chalanya Pelham**, 39th Communications Squadron; **Shain Prael**, 728th AMS; **Jenny Romero**, 39th LRS; **Charity Wacaster**, 39th CS; **Cherise Whittaker**, 39th LRS; **Marquet Johnson**, 39th LRS; **Todd Miller**, Detachment 4, Istanbul Air Postal; **Richard Mordew**, 39th LRS; **Anitra Nesbitt**, Det. 4; **Kathleen Ross**, 39th LRS; **John Thompson**, 39th LRS and **Tracy Washington**, 39th MDS.

Dependent mischief

The base exchange recently instituted a robust anti-shoplifting campaign and two dependents were caught shoplifting. Please talk to your children about the consequences for shoplifting and help ensure this doesn’t become a trend.

Force protection

Incirlik has been in Force Protection Condition Charlie longer than any other installation. Unfortunately, this can cause complacency. We need to remain vigilant and remember to accomplish random checks of buildings and surrounding parking lots daily. Remember, there should only be one entry control point for every building; all other doors should be secured. This may cause you to lose a few minutes while you walk around the building, but it ensures our facilities are secured as well as the people within them. Congratulations on a fun and safe Memorial Day weekend and getting the 101 critical days of summer off to a safe start.



Photo by Senior Airman James Seymore III

Airmen 1st Class Latrice York, 39th Security Forces Squadron member, issues a temporary gate pass Tuesday at the front gate. The 39th SFS was just one of the organizations that left a positive first impression on the 39th Mission Support Group commander.



Ask MEHMET

By Mehmet Birbiri, *Host Nation Adviser*

Gum with a kick

Question: Mehmet, one of my Turkish friends recently went to Izmir. When he came back he gave us a type of gum. He said he got it from Manisa and it is a cure-all and good for everything. I tasted it and it was really spicy. What is the story behind this spicy gum?

Answer: The elixir your friend brought you from Manisa is called Mesir Macunu. It has an interesting historical background.

The locals of Manisa, a city close to Izmir, have been hosting “Mesir Macunu” festivals for more than 450 years.

Each year in April, thousands of local people and visitors gather in front of the 16th century Sultan Mosque where tons of mesir gum, an imperial elixir that once cured Suleiman the Magnificent’s ailing mother, is thrown from the rooftops. The gum is wrapped in paper in small quantities. Even that small quantity is believed to be suffi-

cient for its purpose. Crowds scramble for the spicy gum, which many believe restores health, youth and potency. Many renamed it the “natural Turkish Viagra.”

The Ottoman Prince Suleiman, later known as Suleiman the Magnificent, was appointed to the governorship of Manisa by the sultan, his father. That was a tradition in the Ottoman system. The crown princes were sent to provinces as governors so they could learn state administration and train for their future duties as sultan. Suleiman’s mother was expected to accompany her son on the trip, but she was suffering from a serious illness and couldn’t.

Imperial doctors at the Topkapi Palace in Istanbul were unable to diagnose the problem so Suleiman asked the renowned Manisa doctor, Merkez Muslihiddin Efendi, to prepare a cure. Merkez Efendi rose to the challenge and mixed the powerful mesir elixir from 41 different ingredients including saffron, licorice and mustard. The potion was subsequently dispatched to the imperial palace in Istanbul and the mother made a rapid recovery.

Upon her recovery, Suleiman’s mother ordered a mosque to be built in Manisa in appreciation for her recovery. Sultan Mosque complex was built in 1522.

More than 15,000 people, including the Speaker of the Turkish Parliament who is originally from Manisa, gathered in front of

the Sultan Mosque this year to grab a piece of the imperial elixir. Mesir Macunu has gained the reputation of being the strongest aphrodisiac in the country, due to its energizing qualities. Hundreds of kilograms of Mesir Macunu were thrown from the Sultan Mosque rooftop. Manisa authorities stated that almost 40 tons of the elixir would be produced this year and about 10 tons of it would be exported to European countries.

Manisa locals have hosted annual Mesir Macunu Festivals since 1540. The recipe has been secretly transferred from generation to generation among the town’s ruling class. This year Manisa held the 462nd festival. Two years ago it was announced the formula was officially approved by the Turkish Pharmaceutical Standards Institutes.

In Turkish

sakiz - gum
(sah-kuz)

baharatli - spicy
(ba-ha-rat-luh)

Do you have a question about something Turkish? Ask Mehmet. To submit a question, call 6-6060 or e-mail mehmet.birbiri@incirlik.af.mil.

Impressions

Continued from Page 8

flight was “on the job” and I was introduced to five great young Airmen as they were setting up a perimeter around a protective aircraft shelter where they were to be posted for 12-hour shifts. The Airmen were motivated, smart, disciplined and as proud as any fighter pilot I know — I was impressed and I could tell Lieutenant Harris was proud of his troops and rightfully so.

Later that week the security forces squadron, under the command of 1st Lt. Ben Hettinga, acting squadron commander, and Lieutenant Chad Harris, impressed the U.S. Air Forces in Europe Inspector General during the Euro Thunder exercise with their superb performance.

These two lieutenants, with help from their fellow junior officers, talented NCOs and Airmen flawlessly performed their mission and should be an inspiration for all of us. They sure inspired me.

I was continuously inspired and impressed. At every organization I visited, I

“It is not difficult to find inspiration and great leadership; all you have to do is look at your own organization.”

By Col. David Wilmot
39th Mission Support Group commander

encountered young Airmen, NCOs, civilians and officers that were mission focused, motivated and truly inspirational.

One such encounter took place at a retirement ceremony. Master Sgt. Reginald Callaway, 39th Communications Squadron systems control chief, who I had never met before, honored me by asking me to preside over his retirement. I didn’t realize how much of an honor it was until Reggie addressed the crowd.

His articulate message was simple. He described keys for a successful career. He told us to make a plan, know our job, know how other organizations do their job, get a

college degree, expand our minds through reading and, finally, he told us to mentor those behind us. It was powerful and spoke volumes of the man and the caliber of our NCO corps.

It didn’t end there. If you attended the Airman leadership school graduation in April, you will remember this.

Besides being part of a “large” event in a young Airman’s career, which always makes me proud to be in the Air Force, the audience was treated to a world class motivational speech by Senior Master Sgt. John Herkel, 39th Logistics Readiness Squadron management and systems flight chief. Even though John tried to tell us he was nervous and wished he hadn’t volunteered, his speech was one of the best I’ve heard at any ALS graduation. He motivated us all.

Why do I share these stories? First I want you to know about the great Airmen we have among us doing a great job every day. Second, you need to know it is not difficult to find inspiration and great leadership; all you have to do is look at your own organization. Team Incirlik, keep up the great work. I’m impressed!

THE INCIRLIK GUIDE



Today

X-Box tourney — The community center hosts the U.S. Air Forces in Europe Tourney Championship at 6 p.m. Counterstrike is the game. Players must pre-qualify and food will be served. For more information, call Nerissa Atkisson at 6-6966.

Home rosary — The Home Rosary Group meets at 6:30 p.m. in Phantom Housing at 2955 B. For more information, call Ellen Herdler at 6-5267.

Commencement — The Incirlik High School Class of 2004 meets at 6 p.m. in the high school courtyard for commencement exercises.

Monday

CTC — Today, Tuesday and Wednesday Terry Cramer, Central Texas College Services officer, will be available to accomplish student evaluations. Servicemembers can have their military experience and prior credits evaluated unofficially while the CTC officer is here. For those who are eligible, an official evaluation will be available at a later date. Civilians can also take advantage of this opportunity. For more information, call Mine Smith at 6-6046.

Tuesday

Eat lunch with CCM and CCA — The 39th Air Base Wing Command Chief Master Sgt., Chief Master Sgt. Joseph Toohey, and the 39th ABW Career Assistance Adviser, Master Sgt. Roberta Williams, are holding an open discussion session at the Sultan's Inn dining facility from 11:30 a.m. to 1 p.m. Everyone is invited to come out and talk about base, Air Force or career issues. For more information, call Sergeant Williams at 6-1019.

Guitar classes — The community center offers guitar classes Tuesdays and Thursdays from 5 to 8 p.m. Cost is \$40. For information, call Dee Mills at 6-6966.

Conversational English — Conversational English classes are from 6 to 8 p.m. at the community center. Tuesdays are for beginners and Thursdays for intermediate. Cost is \$25 for four classes. For more information, call the Dee Mills at 6-6966.

Thursday

Cheer Camp — People interested in participating in the Kaiserslautern High School-hosted Universal Cheer Association Cheer Camp should contact Jane Varalli by close of business. The camp, open to students in grades ninth through 12th, is in Germany Sept. 3 through 5. Cost is \$95, payable at the door. Ms. Varalli can be reached via e-mail at Jane_Varalli@eu.odedodea.edu, DSN at 489-7541 or commercial at 0631-54354.

Upcoming

Summer Camp — The youth center sponsors summer camp June 14 through Sept. 3 from 6:30 a.m. to 5:30 p.m. for 5- to 12-year-olds. Cost varies depending on salary. For more information, call Carrie Basaca at 6-6670.

Extreme Summer — Pittsburgh Steelers wide receiver, Hines Ward, will visit U.S. Air Forces in Europe bases June 13 to 20 to promote the Extreme Summer program. He is scheduled to visit Incirlik June 17. For more information visit www.extreme-summer.com.

Youth drama clinic — The youth center sponsors a drama clinic June 21 to 25 from 5 to 9 p.m. at the community activities center. The program is for 5- to 18-year-olds. For more information, call 6-3263.

Heart Link — The Heart Link program is specifically designed

for military spouses who have been with the Air Force five years or less. Heart Link meets June 17 from 9 a.m. to 3 p.m. at the family support center. For more information, call the FSC at 6-6755.

Housing town hall meeting — Col. Michael Gardiner, 39th Air Base Wing commander, hosts a town hall meeting June 15 at 5 p.m. in the base theater to address housing occupants concerns. All dormitory and family housing residents are invited to attend. For more information, call George Katsiitis at 6-6232.

Improv Comedy — A free Improv Comedy night is June 18 at 8 p.m. in the club. For more information, call the club at 6-6101.

Teen lock-in — There is a teen lock-in at the base theater June 19 from 11 p.m. to June 20 at 7 a.m. All movies are rated PG-13. For more information, call Dawn Gravette at 6-2238.

WIC summer office hours — The base Women, Infants and Children office is closed through June 21. During this time, call the

Lakenheath WIC Overseas Office for assistance at DSN 226-9016. The WIC office will re-open June 22 to July 1 from 8 a.m. to 4:30 p.m. For more information, call the WIC office at 6-1237.

Ongoing

Volunteers needed for school advisory board — The Incirlik American Elementary School advisory board is seeking volunteers for the 2004 to 2005 school year. For more information, call 1st Lt. Chris Schmuke at 6-3122.

ITT reopened — The Information Tickets and Tours Office is located in the Consolidated Club Complex and the hours of operation are: Tuesdays, 10 a.m. to 3 p.m.; Wednesdays through Fridays, 10 a.m. to 4 p.m.; Saturdays, 10 a.m. to 2 p.m.; and Sundays and Mondays, closed. For more information, call 6-6101.

Free Turkish language and culture class — The family support center offers a free Turkish language and culture class Wednesday, Friday, June 9, 14, 16, 21 and 23. For more information, call the FSC at 6-6755.

COMBAT & SPECIAL INTEREST



Project Cheer movie of the month — The free movie of the month is June 11 at the community center from 6 to 8 p.m. For more information, call the community center at 6-6966.

Project Wizard library book club — The library book club is now reading "*Glorious Appearing: the End of Days*" by Tim LaHaye. The book discussion is June 15 at 7 p.m. at the library. For more information, call the library at 6-6759.

Combat Care car care — While the member is deployed, spouses are entitled to free minor maintenance. For more information, call Master Sgt. Alicinne Peebles at 6-6755.

PWOC summer Bible study — The Protestant Women of the Chapel summer Bible study is Tuesdays from 6:30 to 8:30 p.m. and Fridays from 8:30 to 10:30 a.m. For more information, call Gretchen Borda at 6-2297.

(Solution will be printed in the June 11 edition of the *Tip of the Sword*)



By 1st Lt. Tony Wickman
Alaskan Command Public Affairs

ACROSS

1. Military lawyer
4. D-Day fighter aircraft
9. Curved wheel on rotating shaft
12. D-Day beach
13. Music between burlesque acts
14. D-Day Supreme Allied Commander
15. Quick rest
17. Assumed name
18. Hawkeye and B.J. on M*A*S*H
19. Name of operation for D-Day invasion
22. Goddess of the dawn
23. Pig noise
25. Sea bird

26. Fake
28. 1st name of D-Day ground commander
31. Grin
33. Lyricist Gershwin
34. USAF school for SrA
36. Florida key
38. Element number 50
39. To set upon, attack
40. Actor Danson
41. Federal org. concerned with taxes
43. 15,000 D-Day sorties led by this NAF
44. Away from the wind
45. Gather for oneself
47. System that links computers
48. Pie ___ mode
49. Ring result
52. Proxies

55. Tax examination
57. D-Day beach
58. Most difficult
60. Calm
61. Rumsfeld office symbol
62. First bomber over D-Day invasion

DOWN

1. D-Day beach
2. Throwback
3. Result of being startled
5. Stated
6. The Greatest
7. Actress Peoples
8. Expression of mild surprise
9. Juice pressed from fruit
10. Ohio city
11. Maker of ME-109 Axis fighter
16. D-Day troop-moving aircraft
17. Noah built one
20. Florid vocal embellishment
21. Lennon's bride
24. Leave out
26. 23rd letter of Greek alphabet
27. American soprano Farrell
29. Zodiac sign
30. Indian queen
32. Site of D-Day invasion
34. Burn residue
35. Luminous
37. 1998 Angelina Jolie movie
40. Money received for PCS
42. Sodium chloride
44. Fought Axis on D-Day
46. Window frame
49. Obtained from juniper wood
50. Asian vine with reddish flowers
51. Lyrical poem
52. Drills
53. D-Day beach
54. Period of time
56. Phrase indicating understanding
57. ___ Paulo, Brazil
59. Demeanor



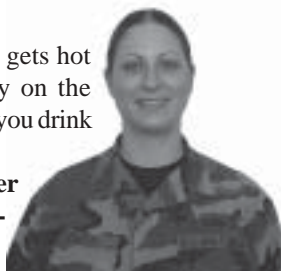
To submit a question for "Your Turn," call 6-6060 or e-mail tip.sword@incirlik.af.mil

The 101 Critical Days of Summer is traditionally a time of year when more accidents occur. What tips do you have to keep people safe this summer season?

"Don't swim alone."
— **Tech. Sgt. Luis Almanza, 39th Civil Engineer Squadron**



"The temperature gets hot in Turkey, especially on the flightline. Make sure you drink plenty of water."
— **Staff Sgt. Heather Boren, 39th Maintenance Squadron**



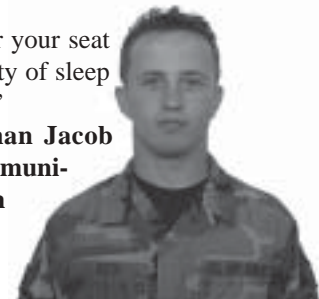
"Common sense isn't always common. Just because you're at the beach doesn't mean you can't get dehydrated."
— **Staff Sgt. Will Martinez, 39th Comp-troller Flight**



"Don't drink alcohol and make sure you stay hydrated."
— **Tech. Sgt. Renee Chastain, 39th Communications Squadron**



"Always wear your seat belt and get plenty of sleep before traveling."
— **Senior Airman Jacob Beck, 39th Communications Squadron**



CLASSIFIEDS

Yard sale: A PCS move yard sale is Saturday from 7 a.m. to 1 p.m. at 2890 B Istanbul Drive in Phantom Housing.

For sale: Brand new tri-band Sony cell phone. Works in both Europe and the United States. Call Robert Canas at 6-5589 or e-mail robert.canas@incirlik.af.mil.

Free furniture: Free blue metal bunk beds in very good condition. For more information, call 6-2305.

Free to good home: A 1-and-half-year-old female pointer named Josie. She is white with black spots. Great with children. Call Brooke or Kevin at 6-5331.

Free to good home: Black, tan and white German Shepard mix; approximately 10 weeks old. Has eight week shots and American Veterinary Identification Device. Current owner

is willing to pay for AVID registration fee. Free collar, leash, dish, bed and more dog care products. For more info, call Staff Sgt. Crystal Hatch at 6-5263.

Job announcement: Central Texas College has a job opening for an early childhood development instructor. Applicants must have early childhood education or related degree/experience. For more information, call Mine Smith, Central Texas College field representative, at 6-6046.

Job announcement: The Massachusetts Air National Guard is recruiting for several positions. Serve the military while going to college. Massachusetts has free state tuition programs, even for non-residents. For more information go to www.maainguard.org or call Master Sgt. Deborah Shilaikis, Massachusetts ANG production recruiter, at DSN 698-1569 or e-mail recruiting@mabarn.ang.af.mil.

Advertisements: To place an advertisement, e-mail the *Tip of the Sword* staff at tip.sword@incirlik.af.mil. Submission deadlines are the Wednesday, nine days, prior to the desired publication date. Meeting deadlines does not guarantee desired publication date due to limited available space; submissions run on a priority, space-available basis. Ads usually run for two weeks, to publish longer they must be re-submitted.



Framed

Violeta Reich, skills development center assistant director, shows Staff Sgt. Adrienne Mahaffey how to bond a frame Tuesday. Framing classes are just one way to earn Extreme Summer points. Other Extreme Summer activities include library reading programs, pool parties, chapel activities, sporting events, local trips, and arts and crafts. For more information about Extreme Summer, go to www.extremesummer.com or pick up an Extreme Summer '04 magazine at a services facility.



Photo by Airman Bradley Lail



AT THE MOVIES

Today

Confessions of a Teenage Drama Queen (PG) — Starring Lindsay Lohan and Adam Garcia.



New York City teenager, Lola, rules her school. She's the most popular kid around and assumes that will always be the case. But when her family moves to the suburbs, she finds that at her new school, Carla is the "drama queen" in residence. Showing at 7 p.m. (90 minutes)

Eurotrip (R) — Starring Scott Mechlowicz and Michelle Trachtenberg. Scott thinks his German pen pal is a guy. But when he discovers that Mieke is actually a hot babe, Scott and his buddy Cooper buy plane tickets and head across the Atlantic to visit. Showing at 9 p.m. (92 minutes)

Saturday

Agent Cody Banks 2: Destination London (PG) — Starring Frankie Muniz and An-

thony Anderson. The teen spy returns to Kamp Woody for more CIA training before moving to London as a foreign-exchange student. But as his new mentor informs him, he's really there for another assignment, assisted by a new female junior agent. Showing at 5 p.m. (100 minutes)



Hidalgo (PG-13) — Starring Viggo Mortensen and Omar Sharif. A 3,000-mile survival race across the Arabian Desert is restricted to the finest Arabian horses ever bred. In 1890, a wealthy Sheik invited an American, Frank T. Hopkins and his horse, Hidalgo, to enter the race which pits him against Bedouin riders determined to prevent a foreigner from finishing. Showing at 7 p.m. (97 minutes)

Sunday

Spartan (R) — Starring Val Kilmer and Derek Luke. Special ops officer, Robert Scott, and his protégé, Curtis, are assigned to find the missing daughter of a High-ranking government official. But then their mission seems to come to an abrupt halt when the girl's death is reported in the media. Curtis believes the girl is in fact alive. If she is, there's a dangerous conspiracy at the highest level covering up the fact that she's



still alive. Showing at 7 p.m. (106 minutes)

Thursday

Dawn of the Dead (R) — Starring Sarah Polley and Ving Rhames.

A mysterious plague causes the newly dead to rise from their graves and begin to eat the living. Survivors seek refuge in an indoor mall, where they learn to protect themselves from the zombie horde and get along. Showing at 7 p.m. (97 minutes)



At the M1

Max (R) — 12:30 p.m., 3:30 p.m., 5:30 p.m., 7:30 p.m., 9:30 p.m. and 11:30 p.m. (106 minutes)

Harry Potter and the Prisoner of Azkaban (PG) — 11:30 a.m., 1 p.m., 2:30 p.m., 4 p.m., 6 p.m., 7:30 p.m., 9 p.m. and 11 p.m. (142 minutes)

The Day after Tomorrow (PG-13) — 11 a.m., 1:30 p.m., 4 p.m., 7 p.m., 9:30 p.m. and midnight (117 minutes)

Troy (R) — 11:15 a.m., 2:15 p.m., 5:45 p.m., and 9 p.m. (164 minutes)

The Prince and Me (PG) — Noon, 2:15 p.m., 4:30 p.m., 7 p.m., 9:15 p.m. and 11:30 p.m. (111 minutes)

Van Helsing (PG-13) — 12:15 p.m., 3:15 p.m., 6:15 p.m. and 9:15 p.m. (130 minutes)

For more information and updates, call the movie recording at 6-6986 or the theater office at 6-9140. The provision of movie information does not constitute an endorsement by the 39th Air Base Wing, U.S. government, Department of Defense or Department of the U.S. Air Force. For more information, call the theater at 6-6986.